

3 Doctor-Approved Ways to Stay Healthy at a Music Festival

By: Dominique Astorino



Since we know many of you will be heading to music festivals over the next few months (including one particular desert festival next weekend), we consulted The Rockstar Remedy author **Dr. Gabrielle Francis** — doctor to rock acts like Mötley Crüe, Aerosmith, and Courtney Love — to find out how she keeps musicians on tour healthy, no matter where they are. She's got a few kickass tips on how to stay in tip-top shape and full of energy, so you don't leave the weekend feeling totally wrecked.

Stay hydrated. Your energy crashes when you're not hydrated enough. Drink lots of water, eat lots of protein, and pack Emergen-C or Nuun for electrolytes. She also recommends sipping on green tea or yerba mate (we're also big fans of coconut water!).

Soothe your pipes. Musicians aren't the only ones leaving the festival with hoarse voices. Dr. Francis told us to pack throat lozenges, lip balm, and Singer's Spray to keep your lips and throat from getting dry and painful.

Protect your ears. Above all else, Dr. Francis urges you to protect your hearing. She recommends Quiet Contour ear plugs (which apparently let you hear everything normally, and you'll still be talking in a normal voice), and Ring Relief ear drops for a post-concert remedy. Another pro tip: position yourself center stage within the crowd, so the volume is equal on both ears.